

Microteaching

A lesson on healthy food using a food pyramid based on Gardner's theory of Multiple Intelligences

From : www.earlychildhoodnews.com

The Theory of Multiple Intelligences

Supporting the new paradigm of intelligence, Howard Gardner of Project Zero at Harvard University has determined that intelligence is a pluralistic phenomenon, rather than a static structure with a single type of intelligence.

Gardner defines intelligence as:

- the ability to solve problems that one encounters in real life
- the ability to generate new problems to solve
- the ability to make something or offer a service that is valued within one's culture

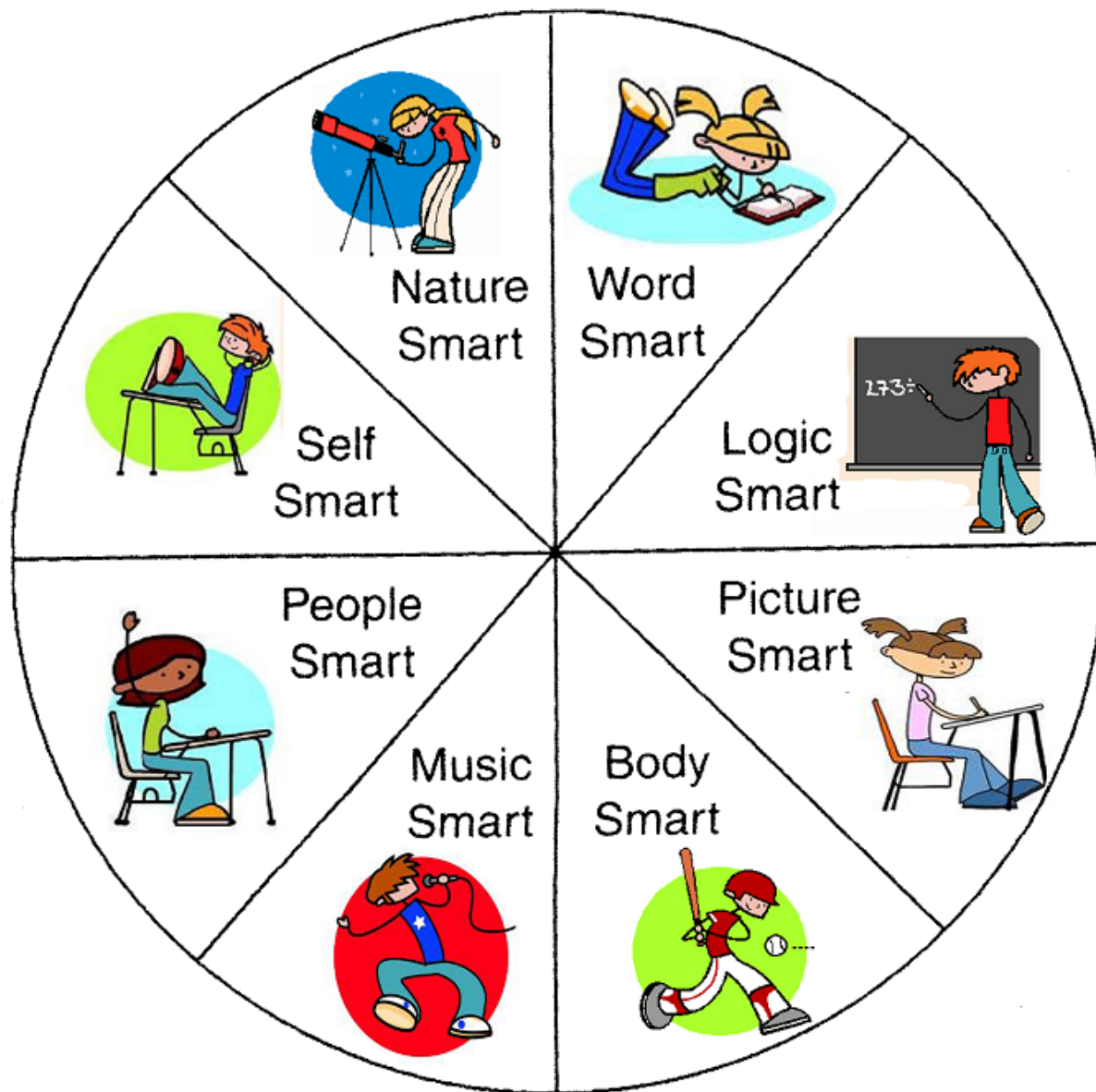
He has identified seven distinct types of intelligences:

- ☐ Verbal / Linguistic (Word Smart)
- ☐ Logical / Mathematical (Logic Smart)
- ☐ Musical (Music Smart)
- ☐ Visual/ Spatial (Picture Smart)
- ☐ Bodily/ Kinesthetic (Body Smart)
- ☐ Interpersonal (People Smart)
- ☐ Intrapersonal (Self Smart)

According to Gardner's theory, one form of intelligence is not better than another; they are equally valuable and viable (Gardner, 1983).

The theory of Multiple Intelligences includes the notion that each person is smart in all seven types of intelligence. Every person is smart to varying degrees of expertise in each of the intelligences, stronger in some ways and less developed in others.

- **Verbal/Linguistic Intelligence—"The Writer/Orator/Attorney"**
- **Logical/Mathematical Intelligence—"The Scientist/Philosopher"**
- **Musical Intelligence—"The Entertainer/Musician"**
- **Visual/Spatial Intelligence—"The Architect/Engineer/Sculptor"**
- **Body/Kinesthetic Intelligence—"The Athlete / Dancer / Actor / Surgeon"**
- **Interpersonal Intelligence—"The Counselor/Minister/Teacher"**
- **Intrapersonal Intelligence—"The Poet/Efficiency Expert"**





In the previous lesson:

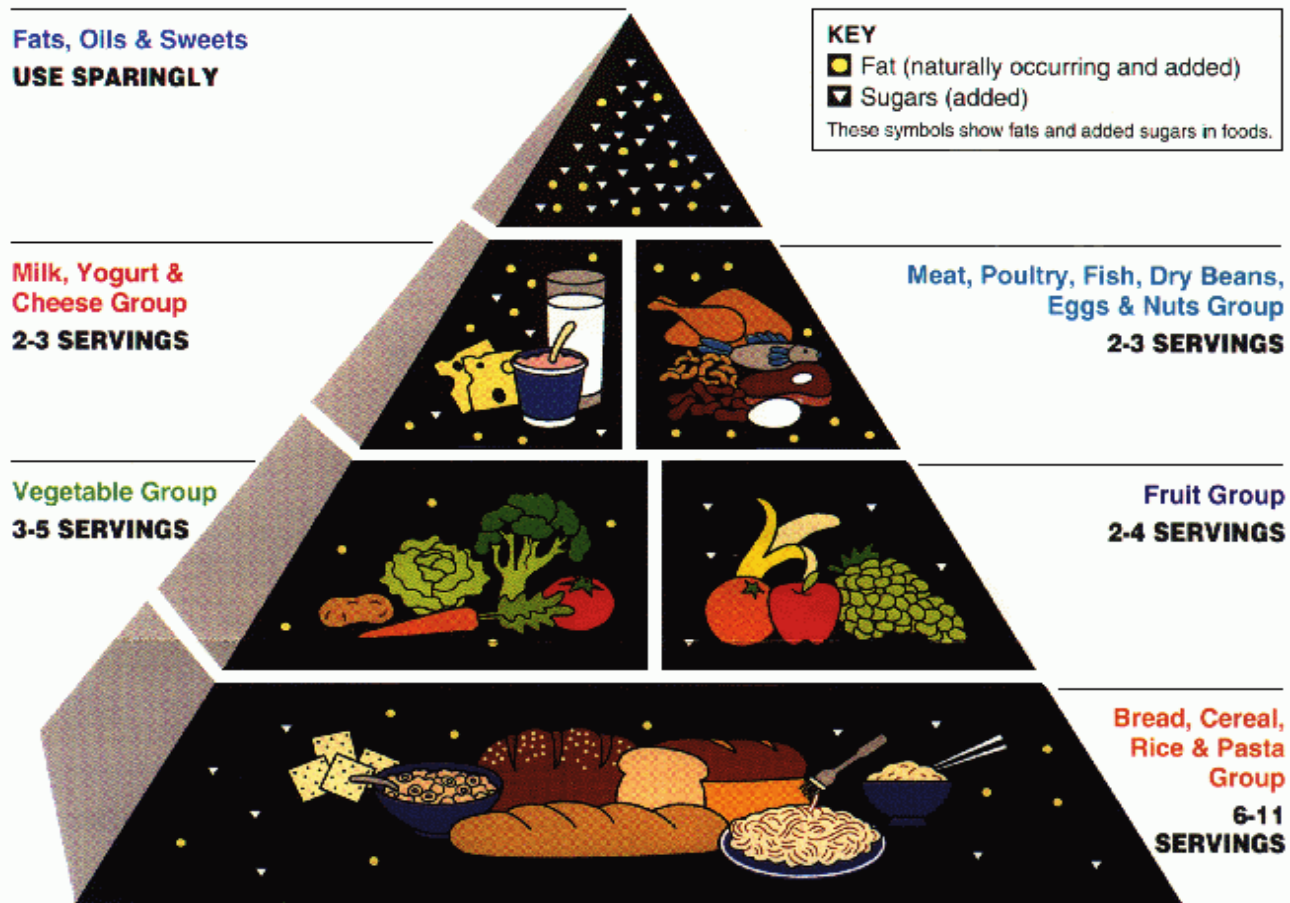
- ✓ We completed a Multiple Intelligences Questionnaire
- ✓ We saw a Food Pyramid and talked about Healthy Food Eating Habits
- ✓ We matched three short texts to their subheadings
- ✓ We matched phrases to the correct paragraph
- ✓ We did a short listening activity about shopping in a supermarket

In this microteaching the focus is on:

- The KWL chart
- The Food Pyramid
- Pair work according to Gardner's Groups:
 - ❖ Verbal/linguistic pair
 - ❖ Visual/spatial pair
 - ❖ Logical/mathematical pair
 - ❖ Musical pair
 - ❖ Bodily/kinesthetic pair
 - ❖ Interpersonal pair
 - ❖ Intrapersonal pair

from : <http://en.wikipedia.org>

The Food Pyramid



from : www.google.gr

The blank Food Pyramid

Date:

